

Tuesday 9th March

You Want Me to Eat That?

Read pages 4-11. Answer your questions in your jotter.

There are some tricky words in this book. You can click on the words to hear them and help you read them.

Fuel Up

1. What are nutrients?
2. How do nutrients help your body?
3. What are some foods that do not have a lot of nutrients?
4. What are some foods that do have lots of nutrients?

Food Groups

5. What are the five food groups?
6. What parts of our bodies do fruits help to keep healthy?
7. How do grains do to keep our bodies healthy?
8. How many fruits and vegetables have you tried? Make a list to see.

Fruits	Vegetables